

Senate Concurrent Resolution No. 90

Adopted in Senate March 15, 2006

Secretary of the Senate

Adopted in Assembly June 26, 2006

Chief Clerk of the Assembly

This resolution was received by the Secretary of State this
_____ day of _____, 2006, at _____
o'clock ____M.

Deputy Secretary of State

RESOLUTION CHAPTER _____

Senate Concurrent Resolution No. 90—Relative to 10 Steps to a Healthy California.

LEGISLATIVE COUNSEL'S DIGEST

SCR 90, Torlakson. 10 Steps to a Healthy California.

This measure would express the Legislature's support for "10 Steps to a Healthy California," including promoting the importance of physical activity and healthy eating.

WHEREAS, The California Task Force on Youth and Workplace Wellness seeks to create and promote programs and policies that decrease the obesity rates in California's schools and workplaces; and

WHEREAS, California continues to experience an epidemic of obesity and diabetes, costing the state financially and causing suffering, illness, and death for many Californians; and

WHEREAS, Health costs of the epidemic are dramatic, costing the state an estimated \$27.1 billion annually; and

WHEREAS, Cities, towns, counties, and special districts have opportunities to affect the epidemic positively, through the built environment, planning, and programs in local communities; and

WHEREAS, Schools have opportunities to affect the epidemic by offering nutritious food and snacks, quality physical education and health studies, after school programs, and school-based recreation; and

WHEREAS, Workplaces can improve productivity, promote health, and reduce liability costs through simple measures that promote employee wellness; and

WHEREAS, By supporting realistic goals, the state can move towards reversing the obesity epidemic; now, therefore, be it

Resolved by the Senate of the State of California, the Assembly thereof concurring, That the Legislature supports the following "10 Steps to a Healthy California":

(1) That the Legislature shall promote the importance of physical activity and healthy eating.

(2) That every child should participate in physical activities.

(3) That schools should only offer healthy foods and beverages to students.

(4) That only healthy foods should be marketed to children ages 12 years and under.

(5) That produce and other fresh healthy food items should be affordable and available in all neighborhoods.

(6) That neighborhoods and communities should support physical activity, including safe walking, stair climbing, and bicycling.

(7) That healthy foods and beverages should be accessible, affordable, and promoted in restaurants and entertainment venues.

(8) That health care providers and insurers should promote physical activity and healthy eating.

(9) That employees should have access to physical activity and healthy food options.

(10) That the Legislature recognizes the unique ability of the California Task Force on Youth and Workplace Wellness to help the state serve as a role model for increased physical activity and improved nutrition and wellness throughout the nation; and be it further

Resolved, That the Secretary of the Senate transmit copies of this resolution to the author for appropriate distribution.

Attest:

Secretary of State